

Co-Parenting & Custody Log

A short, factual entry every time something happens that relates to your child or the parenting schedule. Same-day entries in a consistent format are far more useful than long stories written later.

How to use it

- Write what you saw and heard, with times. Skip opinions and diagnoses.
- Note how it affected your child, if it did (for example: missed practice, upset at bedtime).
- Save the proof (text, photo, email) and write where it is.
- Log the good days too. A balanced log is more believable.

[illegible]

Date	Time	Type	What happened (facts)	Effect on child	Proof saved?	Follow-up

General template for organizing your own information. It is not legal advice and not a court-approved form. Court rules and required forms vary by state and county, so check your court's local rules and self-help center. Doing this by hand takes hours: Custody Commander organizes evidence, builds your timeline and exports court-ready PDFs — free tier and a 14-day free trial at custodycommander.com.